



BALANCE

Mediterranean Spa by Valamar

VALAMAR CAROLINA HOTEL & VILLAS

10:00 - 18:00
(Monday - Sunday)

ENG 2024

ESCAPE INTO THE MEDITERRANEAN

Blending Mediterranean heritage with the healing properties of the sea and authentic ingredients, we pay homage to this mesmerising destination. Our selection of treatments, massages and rituals are inspired by the culture, local traditions and nature's own ancient Mediterranean.

SPA ZONE

Immerse your senses in the spa sanctuary of calm and tranquillity of our spa zone. Unwind in style with Finnish sauna, steam bath, jacuzzi, outdoor pools, relax room and Organic Bar offering fresh fruit, nuts, teas and flavoured water.

BEAUTY TREATMENTS

These signature face and body treatments combine home-sourced ingredients such as sea salt, olive oil and lavender to offer authentic Mediterranean experiences.

MASSAGES AND RITUALS

Authentic and individually designed to relax you completely or boost your energy, the spa's massages incorporate precise and balanced techniques.

SPA ETIQUETTE

In order to make your stay in our wellness center as pleasant as possible, please read the following instructions before using any of the services and keep them in mind during your stay.

1. All the facilities and services in the Balance Mediterranean Spa by Valamar are used at your own responsibility.
2. We cordially ask you not to disturb the peace and quiet and the relaxing atmosphere. Respect the intimacy and privacy of the people around you. Loud conversation is not appropriate.
3. If you want to cancel an appointment, please do so at least 6 hours in advance, otherwise we will charge 50% of the service value.
4. In the wellness area, it is not permitted to: smoke, consume alcohol or use mobile phones or cameras.
5. Do not bring valuables and money with you into the wellness center as the hotel will not be responsible for them.
6. Prior to using the wellness facilities, please try to avoid: eating a short time before using the spa, depilation (may cause reactions on the skin), perfumes (because of allergic reactions), jewellery.
7. If you have not done so upon making your reservation, we cordially ask you to inform your therapist about any health issues or conditions that might affect your treatment.
8. Children under the age of 16 must be accompanied by their parents in the wellness area.
9. Robes and towels should be used in the spa zone (not swimsuits) along with slippers.
10. Out of consideration for our guests, we cordially ask you to stick to the stated sauna rules. Pre-showers and an underlying towel in the sauna are prerequisite.
11. Please note that the reservation of daybeds is not permitted and our wellness team reserves the right to remove towels from reserved loungers.

IF YOU HAVE ANY QUESTIONS OR PROBLEMS, INQUIRE WITH THE PERSONNEL - THEY ARE HERE TO HELP YOU.



MASSAGES

MEDITERRANEAN BALANCE



A body massage with 100% natural oils that nurture all skin types and restore the balance of body and mind.

Partial - back or legs	25'	40€
Full-body	50'	65€
Full-body, face & feet	75'	95€

STRESS RELIEF



Efficiently releases tension in the parts of the body where it is most frequent, such as your back, neck and face.

Partial - back or legs	25'	45€
Full-body	50'	70€
Full-body, scalp & feet	75'	100€

BLUEFIT SPORT

More profound pressure and specific technique with joint manipulation and stretching. This therapeutic massage improves circulation and eases muscular discomforts.

Partial - back or legs	25'	50€
Full-body	50'	75€
Full-body, feet & stretch	75'	105€

ORGANIC FOOT REFLEXOLOGY



A targeted, pressure-point feet massage that restores the flow of energy throughout the body. According to traditional Chinese medicine, the pressure points that the pressure is applied to correspond to different areas of the body, so they can help reduce stress and pain, aid digestion and promote quality sleep.

25' 45€

MEDITERRANEAN ENERGY BOOST

Long, gliding strokes that improve circulation combined with deep tissue massage and full body reflexology. Reduces pain and muscle tension, while slow and deep strokes offer greater stress and pain reduction and improved sleep.

75' 115€

COUPLES MASSAGE - combine your favorite massages together in our room for two!



BODY & MIND

TRADITIONAL THAI

Manual therapy without oil that involves bodily manipulation in which the therapist helps to rebalance the patient's body, energy and structure.

Partial - back or legs	50'	75€
Full-body	75'	105€
Full-body, feet & stretch	100'	135€

HOT STONE

Helps to ease tense muscles and damaged soft tissues throughout the body for anyone who is experiencing muscle tension and pain, insomnia, or stress.

75' 110€



SIGNATURE RITUALS

NATURA BISSÉ C+C CITRUS ESSENCE

Anti aging and revitalizing vitamin boost that visibly improves firmness, luminosity and radiance. This antioxidant treatment includes body scrub and body massage. It will restore vitality to sun-damaged skin and help minimize signs of premature aging with an infusion of collagen-boosting vitamin C. It restores natural glow, revitalizes, hydrates and provides a visible lifting effect. The result is firmer-looking, suppler and intensely luminous skin.

75' 110€

NATURA BISSÉ C+C ROYAL EXPERIENCE

The vitamin C ritual that restores radiance, diminishes the signs of aging and boosts your glow. Powerful antioxidant treatment with pure vitamin C for face and body to target hyperpigmentation, protect against free radicals and intensely hydrate the skin. It deeply nourishes and firms, reveals luminous and smooth skin, provides relaxing and revitalizing sensation from head to toe. Immerse yourself in this citric experience and feel your skin and mood transformed.

125' 180€

MOM TO BE ORGANIC



Using natural oils, this massage nurtures the skin and soothes the body and mind. It improves blood flow, relaxes your leg and back muscles and reduces the appearance of stretch marks. Treatment includes a facial serum and final cream chosen depending on the skin type and age. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.

50' 80€



FACIALS

NATURA BISSÉ OXYGEN FRESH WAVE

This purifying and supremely hydrating skincare ritual infuses your skin with a radiant glow to help minimize the appearance of imperfections and restore vitality, even for the duller complexions. It's perfect for frequent fliers and urbanites. A true oxygen treat for the skin - de-stresses and restores a healthy glow.

25' 45€

NATURA BISSÉ C+C VITALITY BOOST

Citrus aromatherapy ritual for radiant skin. This treatment uses the C+C Vitamin collection to return vitality and suppleness to skin aged by the sun, or that looks dull, or shows signs of sagginess. It includes a multiple amino acid cocktail to illuminate and fade the appearance of the signs of aging. Includes citrus aromatherapy, relaxing and cleansing massage, gentle and effective exfoliation, 6% ascorbic acid firming and antioxidant concentrate, anti aging and sculpting massage, firming and hydrating citrus soufflé mask and hand and arm massage.

50' 70€



MANICURE & PEDICURE

SPA MANICURE

This gentle hand treatment begins with a salt hand bath. Exfoliation with organic sugar scrub then helps to remove superficial dry skin. A hand massage ensures a moment of profound relaxation. Cuticles and fingernails are then pampered and treated. Finally, nail polish will complete this all-round treatment.

60€

SPA PEDICURE

Foot care for enjoyment and well-being – starting with a salt footbath. Exfoliation with organic sugar scrub and a chemical peel then helps to remove superficial dry skin. A foot massage with gentle pressure then provides relaxation and stimulation. Finally, cuticles and nails are pampered and treated. Finally, nail polish will complete this all-round treatment.

70€

ADDITION TO MANI & PEDI

Shellac removal 10€
Shellac application 20€

GENTLEMEN'S MANICURE

This gentle hand treatment begins with a salt hand bath. Exfoliation with organic sugar scrub then helps to remove superficial dry skin. A hand massage ensures a moment of profound relaxation. Cuticles and fingernails are then pampered and treated.

50€

GENTLEMEN'S PEDICURE

Foot care for enjoyment and well-being – starting with a salt footbath. Exfoliation with organic sugar scrub and a chemical peel then helps to remove superficial dry skin. A foot massage with gentle pressure then provides relaxation and stimulation. Finally, cuticles and nails are pampered and treated.

60€

CONTACT

WELLNESS OPENING HOURS

from 10:00 to 18:00 hrs

Read about our cosmetics in our [RETAIL MENU](#)

**Balance Mediterranean Spa by Valamar
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Rab**

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